



Wellness flash

RUTHERFORD COUNTY SMART STEPS WELLNESS PROGRAM

MAY 2014

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SMART STEPS WELLNESS PROGRAM

Visit Us Online:

www.rutherfordcountytn.gov/rmwellness.htm

Mobile Mammography Clinics

Smart Steps Wellness Program has scheduled the Saint Thomas Health Mobile Mammography unit at Stewarts Creek Elementary and Blackman Elementary this month in honor of Mother's Day.

DATES, LOCATIONS & TIMES:

- **WEDNESDAY, MAY 7TH**
Stewarts Creek Ele.
9:00 am to 4:00 pm
- **THURSDAY, MAY 8TH**
Blackman Elementary
9:00 am to 4:00 pm

To schedule an appointment for a mammogram on May 7 or

May 8, call Lori with Saint Thomas Health at (615) 222-7644

Mobile Mammography is designed for screening women who meet the following criteria:

- At or over the age of 40
- Not experiencing any breast problems (pain, lump, etc.)
- Not being followed by a physician for breast problems
- Not pregnant
- Not breast feeding
- A year since last screening mammogram (*must be 1 year or more*)



Saint Thomas Health Mobile Mammography Unit.

Our Mission

Our Mission in Motion is an effort by Saint Thomas Health and supported through grants from Susan G. Komen. This program has provided Middle Tennessee with the first Mobile Mammography Coach.

For more information visit www.ourmissioninmotion.com

Insurance accepted.

Rutherford County Farmer's Market

Rutherford County Farmer's Market **opening day is Friday, May 9** and the market will be open each Tuesday & Friday from 7 am to Noon.

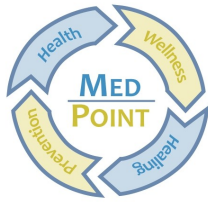
Market vendors hail from over 20 Middle TN counties

and sell a wide variety of seasonal fruits and vegetables, meats, eggs, baked and canned good, flowers, plants and more!

This producer-only Farmer's Market is located in the indoor/open air Community



Center—Lane Agri Park at 315 John R. Rice Blvd. Murfreesboro, TN 37129



Powered by:



Sports & Camp Physicals at MedPoint Clinics

IT'S THAT TIME OF YEAR AGAIN FOR SPORTS AND CAMP PHYSICALS! All three Rutherford County MedPoint Clinics (*Blackman Elementary, Stewarts Creek Elementary and Walter Hill Elementary*) offer Sports & Camp Physicals for **FREE** regardless of your insurance policy type. Schedule an appointment for your child today by calling MedPoint at 904-6770. *Walk-ins are accepted at the MedPoint Clinic at Stewarts Creek Elementary.*

MedPoint @ Blackman
588 Fortress Blvd. M'boro
Mon., Tues., Wed. & Fri:
7 AM-6 PM
Thurs: 6:30 AM-6:30 PM
Sat: 7 AM -1 PM

MedPoint @ Stewarts Creek
202 Red Hawk Pkwy. Smyrna
Mon.-Fri.: 7 AM-6 PM
***Walk-ins accepted Mon.-Fri.**
7 AM-11 AM & 1 PM-5:30 PM

MedPoint Clinic-Walter Hill
6309 Lebanon Pike M'boro
Mon: 12 PM-7 PM,
Tue & Thurs.: 7 AM-12 PM
Wed: 1-5 PM; Fri: 7 AM-5 PM
Sat: 7 AM-1 PM

Upcoming LifeServices EAP Online Webinars:

May 20: 11 am & 1 pm
Home Alone? When Kids Outgrow Child Care

June 17: 11 am & 1 pm
Keeping Your Love Alive
Learn 10 relational essentials, how to cope with conflicts and balance communication styles.

www.lifeserviceseap.com

May is Mental Health Month

Are you tired and irritable all the time? Have you lost interest in work, family or hobbies? Are you having trouble sleeping and feeling angry or aggressive, sad or worthless? Have you been feeling like this for weeks or months? If so, you may have depression.

One in four American adults is living with a diagnosable, treatable

mental health condition such as depression or anxiety according to the National Institute of Mental Health (NIMH). This month learn more about mental health by checking out their website at www.nimh.nih.gov/health/index.shtml which contains valuable information on a variety of mental health topics.

If you think you may have

depression, see a medical professional as soon as possible. Getting treatment sooner, rather than later can relieve symptoms quicker and reduce the length of time treatment is needed. If you are unsure of where to go for help, ask your personal medical provider or call EAP.

You are not alone. The most important thing is to seek help!

Protect Your Skin This Summer

S.O.S. this summer...

Slather on Sunscreen



Check your skin from head to toe once a month to look for any changes that may be early signs of skin cancer.

See your medical provider if you find any of the following:

⇒ Patches of scaly skin, oozing or bleeding from a bump or mole.

⇒ Any mole that has changed in color, size, surface shape or how it feels, including itchiness, tenderness or pain

⇒ Any mole that is not round; is bigger than a pencil eraser; or has different colors such as tan, black, or dashes of red, white & blue.

Source: American Academy of Dermatology

Sign-up for the Fight For Air Walk

American Lung Association

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— EMS Day Community Celebration —

TriStar StoneCrest Medical Center and Rutherford County EMS will host this annual event featuring food, music, a photo booth, kid's jump house and Rutherford County emergency services displays

Attendees can explore an ambulance, smoke house (fire safety), mobile command unit and an air ambulance helicopter.

Free car seat safety checks will also be available.

TriStar StoneCrest and Rutherford County EMS host this event during National Emergency Medical Services Week, an opportunity to bring together local communities and medical personnel to publicize safety and honor the dedication of those who

provide the day-to-day lifesaving services of medicine's "front line".

Saturday, May 17, 2014

11:00 AM to 2:00 PM

**200 Stonecrest Blvd.
Smyrna, TN**

Held on TriStar StoneCrest campus

Allergies... Dreaming of Spring?

Most of us look forward to spring, but allergy sufferers know that the arrival of spring also means the start of seasonal symptoms.

Allergies are characterized by an over-reaction of the immune system to certain substances (allergens) that are inhaled (pollen, dust mites, etc) eaten (peanuts, shellfish, etc) injected (bee stings, certain medicines, etc) or touched (poison ivy, latex, etc). Symptoms include: sneezing, runny nose (clear discharge), itchy nose or throat,

coughing, and/or skin rashes or hives. While we can't control outdoor allergens, we can reduce and control indoor allergens with proper planning and cleaning:

Dust to control mites.

Dust surfaces & wash bedding often to control the amount of dust mites in your home.

Vacuum often. Vacuuming once or twice a week will reduce the surface dust mites. Make sure your vacuum has an air filter to capture dust.

Shut out pollen. When you clean your windows, do you see a film of pollen on the frame or sill? Keep pollen from your home by shutting windows doors Use an air filter and clean it regularly.

Avoid mold spores. Mold spores grow in moist areas. If you reduce the moisture in the bathroom and kitchen, you will reduce the mold. Fix any leaks inside & outside of your home and clean moldy surfaces. Dehumidifiers will also help reduce mold.



For more information on allergies visit the Allergy and Asthma Foundation of America

www.aafa.org

Source: freshAAIR Newsletter, Spring 2014;
www.aafa.org/pdfs/spring%20freshair.pdf